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# CANNED
# FRUITS AND VEGETABLES
*for*
# VARIETY IN EVERYDAY MEALS

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MARKETING SERVICE

olished by authority of the Hon. JAMES G. GARDINER, Minister of Agriculture
Ottawa, Canada

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# Canned Fruits and Vegetables

## Give Variety to Every-day Meals

"Every day use two vegetables other than potatoes. Every day use two fruits, one raw and one cooked." This is a well-known slogan often quoted by dietitians. If this rule is to be followed there must be a plentiful supply of canned fruits and vegetables on the pantry shelf.

These of course may be put up at home in glass jars or may be commercially canned products.

These methods of storing foods in airtight, sterilized containers have obliterated the differences of seasons. Due to present methods fruits and vegetables served out of the can are often fresher and more healthful than so-called "fresh" products.

At one time the work of canning fruits and vegetables was done entirely in the home. To-day the home-manager must decide for herself whether this is still her best plan. The modern homemaker, to be truly efficient must weigh values, social as well as economic. Knowing the conditions under which fruit and vegetables are packed in cans in Canada, she must determine whether it is good buying to use the commercially canned products or to continue to do her own.

If home canned fruits and vegetables are used, the housewife knows exactly what has gone into each jar. In the case of commercial canned products it is also possible to know exactly what the contents of each tin will be if the buyer understands the regulations regarding these products in Canada and buys accordingly.

Perfect maturity, together with the method of exhausting air before sealing, assures minimum injury to vitamin content.

### REGULATIONS REGARDING CANNED FRUIT AND VEGETABLES IN CANADA

The Government of Canada, under the Meat and Canned Foods Act of 1907, and regulations made thereunder, enforces laws which ensure quality in all commercial canned fruit and vegetables sold in Canada. This Act, as it pertains to fruit and vegetables and their products, is administered by the Fruit and Vegetable Division of the Department of Agriculture at Ottawa.

All canning factories which do interprovincial or export trade are inspected by government-appointed inspectors for sanitary conditions and the products are inspected for quality.

The Pure Food Laws of Canada state: "Canned fruits and canned vegetables are sound products made by sterilizing clean, sound, properly matured and prepared, fresh fruit or vegetables by means of heat, and keeping the same in suitable, clean containers, closed hermetically or otherwise, and to conform in name to the particular fruits or vegetables used in their preparation."

No adulterant, preservative or artificial colouring matter may be used in commercial canned fruits or vegetables, the only added ingredients being pure water, sugar and salt.

Tomatoes may have no added water, and the juice must be the juice from the particular lot of tomatoes.

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Checking Weight. Laboratory at Ottawa.

## BUYING

Cans of many sizes and shapes are on the market. However, it is comparatively easy to select that which contains the correct amount for the special need. All cans of fruits and vegetables have a round stamp on the label with fluid ounces of contents plainly printed.

CHERRIES
CHOICE
QUALITY
HEAVY SYRUP

The grade of quality of contents of can is also declared on the label. There are four grades of quality:—

FANCY QUALITY.—Highest grade—as nearly perfect as possible—packed from sound, clean fruit or vegetables, at perfect maturity and free from blemishes, of good colour and uniform size. The workmanship must be good; the liquid must be clear.

CHOICE QUALITY.—Allows slight variation in size, colour and maturity, but must be packed from fruit or vegetables which are sound, clean and free from blemishes—liquid fairly clear.

STANDARD QUALITY.—All fruit or vegetables must be of good quality and good maturity, although they need not be uniform in colour or size. Liquid must be fairly clear.

SUB-STANDARD QUALITY.—Packed from clean, sound fruit or vegetables which need not be uniform in maturity, colour or size.

Always buy by the quality mark.

Canned peas and beans have the size stated on the label. No. 1 is a very small bean or pea, No. 2 larger, and the size increases as the number. The size in no way depends on the quality nor the quality on the size.

CANNED FRUITS AND ALSO GRADED FOR SYRUP:—

I. Heavy Syrup.
II. Light Syrup.
III. Unsweetened or without sugar.
IV. Packed with—% sugar.

Always read the label carefully before buying. Know the quality and insist on Canadian products. Buy the quality best suited to your needs. The cheaper grades sometimes may be used to advantage as food value does not vary according to grade.

It is not necessary to aerate foods on opening the can before serving.

Inspection for Quality. Laboratory at Ottawa.

## STORAGE

Canned foods should be kept in a moderately cool temperature. Avoid storage near radiators, furnaces or stoves.

Properly processed canned foods will keep indefinitely without spoilage as long as nothing happens to the can to make it leak.

A dented can does not indicate spoilage, but should be examined to assure absence of breaks or leaks.

Unless rust has penetrated the tin, it does not indicate spoilage.

Freezing of canned goods does not render them unwholesome, and usually does not detract from their appearance. Many delicious desserts can be made by freezing canned fruits. With foods of creamy consistency freezing may cause curdling or separation of water, but the normal appearance is usually restored by heating.

*Canned fruits and vegetables may be safely left in the can after opening.* The modern type of can has overcome the difficulty of injurious reaction taking place. However, if storing in the refrigerator for any length of time, it is more satisfactory to remove the contents to a covered dish.

Ptomaine poison cannot develop from canned fruits or vegetables, with the possible exception of ripe beans, but there has never been a case proved to come from this source.

Spoilage may always be detected by swelling of the can, discoloration or unpleasant odour of the contents and such food should always be discarded.

## NUTRITIONAL VALUE

Greatest dietetic value is reached only when the product is fully matured on the plant. Fruits or vegetables harvested when under-ripe never become perfect nutritionally. Such products as spinach, asparagus, green peas, berries, etc., which may be stored successfully only by refrigeration, canning or drying, lose flavour and nutritive value sometimes within a few hours after picking if exposed to the air. Commercial canned products are canned at perfect maturity and within a few hours of harvesting.

Sealed in cans from which air is exhausted and sterilized a short time at high temperature, flavour is high and injury to vitamins is minimum. Mineral, carbohydrate and any protein content are unaffected in the canning process.

Feeding tests carried out with canned foods which had been stored for three years have shown that practically no reduction of vitamin content occurred during storage.

The nutritional value of canned foods is, therefore, excellent.

## USES

The housekeeper who serves meals "out of the can" has discovered the secret of variety at all seasons. Canned foods, like fresh foods, soon lose their appeal if served daily just as they come from the container. Provide variety by using combinations, either with other vegetables and fruits or with other foods for flavour. The possibilities are many.

## WAYS OF SERVING CANNED VEGETABLES

Canned Vegetables as they come from the can are surprisingly good if turned, liquor and all, into a skillet and allowed to boil rapidly until nearly all the liquor is boiled away. Then the vegetable may be seasoned with butter, salt and pepper and served at once. Never wash canned vegetables before using. The liquid contains valuable mineral salts. Precious flavour may also be lost in so doing. Use the liquid from the vegetables in sauces or soups if it is not desirable to serve it with the vegetable.

If used for salads they should be drained and thoroughly chilled, the liquor being saved for soups or sauces. This is simply the water in which the food is cooked, and contains mineral salts which are valuable.

Exposure to air destroys flavour and injures vitamin C. If necessary to store part of contents of a can, keep covered in the refrigerator.

Canned foods are satisfactory for the diet of children.

Pureed or strained foods are those products which, in addition to the usual treatment accorded canned foods, are forced through a fine meshed sieve making them suitable for young children.

## RECEIPTS FOR USE WITH CANNED VEGETABLES

Asparagus with Cheese Sauce—

One No. 2 can of asparagus heated in the can; drain, reserving the liquid, and arrange on buttered toast. Pour over it the following sauce:—

2 tbsp. butter
2 tbsp. flour
½ cup asparagus liquor
½ cup milk
⅓ cup grated cheese
¼ tsp. salt.

Melt the butter; add flour and blend until smooth; gradually add the liquid and stir until thickened; cook gently for a few minutes, then add cheese and salt. After the sauce is poured over sprinkle with paprika. Serve at once.

Escalloped Asparagus—

1 No. 2 can asparagus
2 tbsp. butter
1 cup bread crumbs
pepper and salt.
¼ cup milk

Drain the asparagus. To the liquor add milk, butter, pepper and salt. Arrange alternate layers of asparagus and bread crumbs. Pour the liquid over all. Bake at 500° F. for 15 minutes—serves six.

String Beans with Lemon Butter—

Juice of ½ lemon
3 tbsp. butter
2½ cups beans
salt and pepper.

Heat the beans according to general directions given previously; melt the butter; add salt and pepper and very slowly stir in lemon juice; pour over beans just before serving—serves six.

String Beans with Tomato Sauce—

2½ cups beans
2 tbsp. butter
1 cup tomato juice
2 tbsp. flour.

Drain the liquor from beans. To the liquor add tomato juice and boil down until 1 cup remains. Melt butter. Add flour. Slowly add the hot liquid, stirring until thickened and smooth. Season with salt and pepper. Arrange a layer of beans in a casserole. Add a layer of sauce—repeat. Over the top, sprinkle buttered crumbs. Heat thoroughly and serve at once—serves four.

Bean Loaf—

3 cups baked beans
1 egg (slightly beaten)
1 cup bread crumbs
¼ cup rolled walnuts
2 tbsp. tomato catsup
1 tsp. salt, a little pepper.

Mash the beans, add other ingredients in order given. Mould into a loaf and bake in a greased pan 30 minutes. Serve hot with tomato sauce or slice when cold—serves six.

Bean Salad—

2 cups baked beans
1 cup chopped celery
1 tsp. chopped onion.

Served on lettuce with Thousand Island dressing—serves six.

Beet Jelly Salad—

1 cup finely chopped canned beets
1 cup finely chopped apple
1 cup finely chopped celery
1 cup prepared lemon jelly.

Mix all together, pour into moulds. When set serve on lettuce—serves six.

Beets with Piquante Sauce—

2½ cups beets drained and chopped
1 tsp. sugar
½ tsp. salt
1 tbsp. vinegar
1 tsp. grated horseradish
2 tbsp. butter
1 tsp. minced onion.

Heat ¼ cup beet juice—add other ingredients; boil up once; add beets and serve when hot—serves four.

Carrots—

Canned carrots and canned peas may be heated and served together, seasoned with butter, pepper and salt.

Carrot Salad—

Small carrots arranged on lettuce and sprinkled with chopped green pepper, served with mayonnaise make an attractive salad.

Concordia Carrots—

Two and one-half cups of carrots heated in the liquor, then drained and arranged in the serving dish are served with the following sauce:—

2 tbsp. butter
1 tsp. onion chopped finely
1 tsp. sugar
1 cup carrot liquor
2 tbsp. flour
2 tsp. lemon juice
¼ tsp. mustard.

Melt butter, add flour, blend until smooth, add liquid, stir until thickened, add other ingredients, pour over hot carrots and serve at once—serves four.

Cauliflower with Cheese—

Arrange cauliflower in a baking dish, sprinkle generously with grated cheese, salt and paprika. Heat thoroughly.

Cauliflower Custard—

Arrange 2 cups cauliflower in a baking dish; around it pour a custard made from 1 egg, 1 cup of milk, ¼ tsp. salt. Over the top sprinkle buttered crumbs and garnish with finely chopped pimiento. Bake ½ hour in oven at 325° F.—serves six.

Corn and Bean Scallop—

1 cup beans
1 small onion
2 cups corn
1 tbsp. minced green pepper
1 tsp. minced pimiento.

Fill a baking dish with alternate layers of beans and corn, sprinkle each layer with salt, peppers, onion and pimiento. Cover the top with buttered crumbs. Bake ½ hour at 325° F.—serves six.

Corn and Tomato—

2 cups corn
1 cup bread crumbs
1 tsp. sugar
1 cup tomatoes
3 tbsp. butter
½ tsp. salt; pepper.

Mix all together and turn into a baking dish. Lay strips of bacon over the top. Bake at 325° F. until bacon is cooked—serves four.

Corn Custard—

1 cup canned corn
1 egg
½ cup milk
salt and pepper

Beat the egg well. Add corn, milk and seasonings. Turn into a buttered baking dish, and bake until set—serves four.

Peas—

A sprig of mint heated with a can of peas gives a pleasant and unusual flavour.

Pea Loaf—

¾ cup cracker or bread crumbs
1 cup peas
1 tbsp. butter
1 egg
2 tbsp. chopped nuts
1 tbsp. sugar
2 tbsp. milk

Press the peas through a colander or coarse sieve, beat the egg slightly, add milk, then mix with other ingredients. Press into a greased mould. Bake ½ hour. Serve hot with the following:—

Carrot Sauce—

2 tbsp. butter
1 cup carrot liquor
2 tbsp. flour
½ cup finely chopped carrots
salt and pepper.

Melt the butter; add flour; stir until blended; add liquid gradually; stir until thick and smooth; add carrots; re-heat. Garnish with whole peas.

Peas in Tomato Jelly—

2 cups tomatoes
1 stalk celery or a little celery salt
¼ tsp. pepper
½ tsp. sugar
1 tsp. minced onion
½ tsp. salt

Cook all together 10 minutes and strain. Soak 2 tbsp. gelatine in ¼ cup cold water 10 minutes, then pour the hot tomato mixture over it. When gelatine is dissolved add 2 cups peas. Pour into wet moulds and when set and very cold serve on lettuce—serves six.

Spinach Mould—

2 cups canned spinach
2 eggs well beaten
1 tbsp. melted butter
salt and pepper

Mix all ingredients together, turn into a greased baking dish or individual moulds. Bake 20 minutes at 325° F. Turn out before serving. This may be served hot or may be used cold as a salad—serves four.

Spinach with Cheese—

2 cups canned spinach
1 cup grated cheese
1 cup bread crumbs
2 tbsp. butter
salt and pepper.

Arrange alternate layers of spinach, cheese and crumbs in a baking dish; season, having the top layer of crumbs dotted with butter and bake 15 minutes at 500° F.—serves four.

Tomato Rarebit—

1 cup tomatoes
2 eggs
½ cup grated cheese
salt and pepper

Heat tomatoes in a double boiler. Add eggs which have been well beaten, then add cheese and seasonings. Stir until mixture is thick and smooth. Serve on toast or crackers—serves four.

Tomato Rice—

2 cups tomato juice
1 tsp. minced onion
½ cup chopped celery
½ cup rice
2 tbsp. butter
¼ tsp. salt.

Heat tomato juice in a double boiler. Add celery, onion, rice and salt and cook, stirring often until rice has absorbed the tomato. Serve as a vegetable. Serves four. If desired as a supper dish add ½ cup grated cheese when rice is cooked and heat until cheese is melted—serves four.

Tomato Sauce—

2 cups canned tomatoes
1 bay leaf
1 small onion
2 cloves
1 tbsp. sugar
1 tsp. salt
1 tbsp. pimiento

Cook all together 10 minutes, then strain; melt 3 tbsp. butter or heat 3 tbsp. olive oil. Add 3 tbsp. flour, then strained juice. Cook until smooth and thickened.

## VEGETABLE MIXTURES

Vegetable Chowder—

1 cup canned corn
1 cup canned beans
1 small onion, minced
¼ tsp. salt
¼ tsp. celery salt
1 cup canned peas
2 cups canned tomatoes
2 potatoes, diced
¼ tsp. pepper.

Cook all together until potatoes are tender. Add ½ cup cream or rich milk and serve at once—serves six.

Vegetable Casserole—

1 cup canned peas
2 cups canned tomatoes
1 cup canned corn
1 cup bread crumbs.

Arrange vegetables in layers, sprinkling each layer with salt and pepper and bread crumbs. Dot the top with butter or lay strips of bacon over. Bake 20 minutes at 350° F.—serves six.

Scrambles—

Any left-over vegetable may be used for scrambles, allowing 1 egg to 1 cup of vegetables. Beat the egg slightly, add vegetable and turn into the greased skillet. Stir until the egg is cooked and the mixture slightly brown—serves two.

## FRUITS DESSERTS

Fruits are particularly adaptable in making desserts for every day in the year. Canned fruits may be used to replace the fresh product in almost every case. In most of the recipes other fruits may be substituted for those given.

Apples—

Although apples may be stored successfully throughout the year there are times when a supply of canned apples either in the jar or tin fills an emergency need; most recipes requiring apples may be made from the canned product.

Apple Custard—

2 cups well cooked apples pressed through a sieve
4 tbsp. sugar
2 eggs well beaten.

Turn into a buttered baking dish; bake until set; cool and serve with whipped cream. Garnish with red currant jelly—serves four.

Apple Crumb Pudding—

¾ cup brown sugar
½ cup butter
¾ cup flour
3 cups cooked apples.

Place pieces of apple or apple sauce in bottom of a baking dish. Rub the other ingredients together until crumbly. Spread over the apples and bake in a hot oven 400° F. for 25 minutes—serves six.

Apricot Fluff—

2 cups canned apricots
½ cup apricot juice
3 tbsp. sugar
2 eggs
½ cup milk

Press the apricots through a fruit press or coarse sieve. Into this fold the 2 egg whites stiffly beaten. Chill thoroughly.

Make a custard sauce using fruit juice, milk, sugar and 2 egg yolks. Chill and serve with the apricot mixture.

Apricot Cream—

2 cups canned apricots
1 cup whipping cream
½ cup juice.

Press apricots and juice through a coarse sieve. Whip the cream and fold in apricot pulp. Turn into a mould, pack in ice and freeze. This dessert is easily made in the electric refrigerator.

Blueberry Roll—

Make a rich baking powder biscuit dough using:—

1 cup flour
½ cup milk
¼ cup shortening
2 tsp. baking powder
¼ tsp. salt
1 cup drained blueberries.

Roll dough out to ¼ inch thickness. Spread with drained blueberries and roll up like a jelly roll. Place in a baking pan and bake 20 minutes at 450° F. Heat the blueberry juice and serve as sauce.

Cherry Mould—

Cut stale bread in thin slices and trim off the crusts. Prepare a jelly using:—

1 cup boiling water, 1 cup juice from canned cherries.
1 package cherry jelly powder.

Dip slices of bread in the jelly mixture and use them to line a cold, wet mould or bowl. Fill in the centre with drained cherries. Place more bread over the top. Pour over any remaining jelly mixture and set in a cool place until firm. Turn out and serve with whipped cream or custard sauce.

Peach Dreams—

Use one 16-oz. can fancy peaches. On a baking dish place halved peaches round side down. In each hollow place a marshmallow. Put in the oven until the marshmallow is softened and golden brown. Remove and chill. Make a sauce using 3 tbsp. sugar, 2 tbsp. butter, 1 tbsp. cornstarch and juice from the peaches. Melt butter, add sugar. Stir until slightly browned. Add peach syrup which has been heated. Boil together until sugar is all dissolved. Mix cornstarch with a little cold water, add boiling syrup, cook until clear; cool. Arrange peaches in sherbert glasses. Pour sauce over and serve very cold.

Peaches with Junket—

In the bottom of sherbert glass place ½ peach. Pour plain junket over. When set chill and serve.

Peach Tapioca—

1 cup tapioca
1 cup juice from canned peaches
3 cups water
¼ tsp. salt
1 cup sliced canned peaches.

Soak tapioca in the water over night. Add peach juice and cook in a double boiler until clear—about one hour. Add peaches and turn into a cold, wet mould. Chill; turn out; serve with cream or custard—serves six.

Pear Porcupines—

Colour red the syrup from 1 can of pears. Bring the pears to a boil in this syrup and allow to stand until cool, when they should be coloured a soft pink. In individual serving dishes place four tbsp. custard sauce. Stick the round side of each pear half with blanched browned almonds and place the pear in the custard. Chill and serve.

Pineapple Rice—

Cook in the double boiler ½ cup rice with 2 cups milk. When cooked add 1 cup shredded or diced pineapple and allow to cool. Just before serving fold in 1 cup whipped cream—serves six.

Pineapple Cake—

4 tbsp. butter
4 tbsp. sugar
2 eggs
½ cup pineapple juice
1½ cups flour sifted with 2½ tsp. baking powder.
½ cup drained, shredded or cubed pineapple.

Cream the butter and sugar together; add well beaten egg yolks, then pineapple juice and flour sifted with baking powder. Adding these a small portion at a time, alternately, making a better textured cake. Fold in the stiffly beaten whites and add the pineapple which has been dredged with flour. Bake.

Plum Puffs—

In the bottom of individual moulds place 3 canned plums. Cover with juice and over them pour the following batter:—

2 cups pastry flour sifted with 3 tsp. baking powder,
1 egg, ½ cup sugar, ¾ cup milk, 3 tbsp. butter.

Cream, butter and sugar. Add egg, then milk and sifted flour alternately. Steam or bake at 350° F. for 25 minutes. Serve with hard sauce.

Strawberry Custard—

1 cup strawberry custard
1 cup milk
3 eggs

Place strained berries in the bottom of a baking dish. Pour the custard mixture over the fruit and bake until set, having the baking dish set in a pan of water. When cold turn out before serving.

Raspberry Trifle—

2 cups stale cake crumbs
2 cups raspberry juice
2 tbsp. cold water
1 cup raspberries
1 tbsp. gelatine

Soak gelatine in cold water. Heat berry juice and pour over. Arrange cake crumbs and berries in a serving dish. Pour hot jelly mixture over. Set aside to harden. Chill and serve with custard sauce—serves six.

Full information regarding regulations controlling commercial canned fruits and vegetables is given in the Meat and Canned Foods Act, copies of which may be obtained by writing the Fruit and Vegetable Division Marketing Service, Department of Agriculture, Ottawa.

## OTHER PUBLICATIONS

Canadian Grown Apples

Canning Fruits and Vegetables

Jams, Jellies and Pickles

Salads that are Different

Canadian Vegetables for Every Day

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